

Missouri Eat Smart Guidelines for Child Care Intermediate and Advanced Cereal List

Cereals on this list meet the Missouri Eat Smart Guidelines for Child Care intermediate and advanced level guidelines for sugar and fiber. This list does not include every cereal that may meet the guideline. For assistance with determining if a cereal meets the guidelines, please call (573) 751-6269 or (toll-free) 800-733-6251.

General Mills

Berry Berry Kix
Berry Burst Cheerios
Cheerios
Cinnamon Crunch Total
Cinnamon Toast Crunch
Corn Chex
Country Corn Flakes
Cranberry Crunch Total
Dora the Explorer
Honey Cluster Total
Honey Nut Cheerios
Honey Nut Chex
Honey Nut Clusters
Kaboom
Kix
Multi-Bran Chex
Oat Cluster Crunch Cheerios
Oatmeal Crisp with Almonds
Oatmeal Crisp with Raisins
Raisin Nut Bran
Wheat Chex
Wheaties
Whole Grain Total
Yogurt Burst Cheerios - Strawberry
Yogurt Burst Cheerios - Vanilla
MultiGrain Cheerios
Cinnamon Chex*
Rice Chex*
Chocolate Chex*
Strawberry Chex*

Post

Blueberry Morning Cereal
Frosted Shredded Wheat Bite Size
Cinnamon Honeycomb
Honey Bunches of Oats
Honey Bunches of Oats with Almonds
Honeycomb
Honey Bunches of Oats - Honey Roasted
Honey Bunches of Oats - Vanilla
Honey Bunches of Oats - Cinnamon
Honey Bunches of Oats - Peaches
Honey Bunches of Oats - Chocolate Crunch

Kellogg

Cracklin Oat Bran
Low Fat Granola with Raisins
Low Fat Granola
Strawberry Mini-Wheats
Frosted Mini-Wheats
Hannah Montana Cereal
Blueberry Muffin Mini Wheats
Cinnamon Streusel Mini Wheats
Maple and Brown Sugar Mini Wheats
Frosted Mini-Wheats Little Bites Chocolate
Frosted Mini-Wheats Little Bites Honey Nut
Reduced Sugar Frosted Flakes Cereal*
Rice Crispies*
Rice Crispies Treats Cereal*
Crispix*

Malt-O-Meal

Corn Flakes
Honey Graham Squares
Honey & Oat Blenders
Honey and Oat Blenders with Almonds
Frosted Mini Spooners
Frosted Mini Spooners - Strawberry
Scooters
Crispy Rice*

Quaker

Cinnamon Life
Life Cereal
Life Cereal - Maple and Brown Sugar
Oatmeal Squares - Brown Sugar
Oatmeal Squares - Golden Maple
Oatmeal Squares - Cinnamon
King Vitamin

*** Does not meet
advanced criteria**

